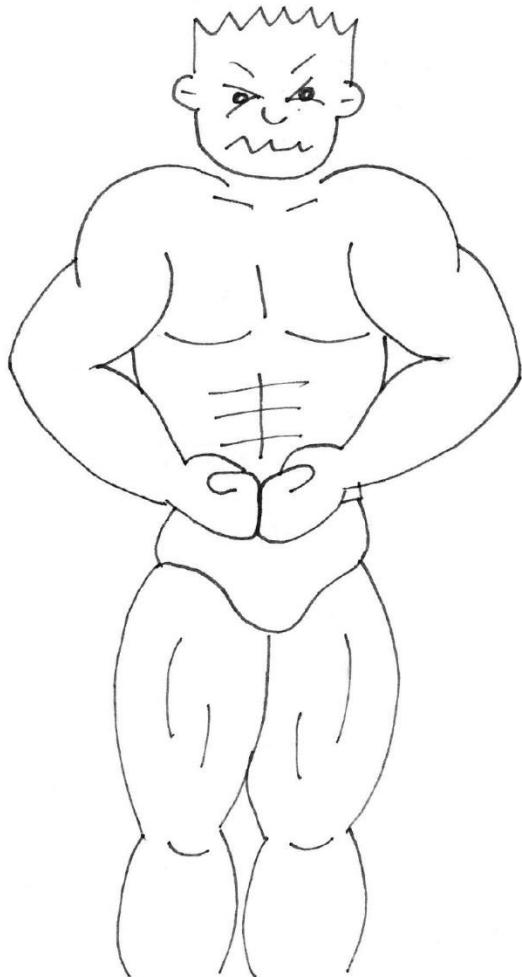


# Worksheets

---

*I can do anything...*



**I AM THE  
GIANT KAZOO  
I CAN MOVE BRIDGES  
WITH ONE HAND**

*I am the empress*

.....

***and I am able to***

.....

I AM THE WISE ONE CALLED.....

AND I CAN.....

**I AM THE QUIET ONE CALLED .....**

**AND I CAN .....**

I am the brave spirit they call.....

and I am able to.....

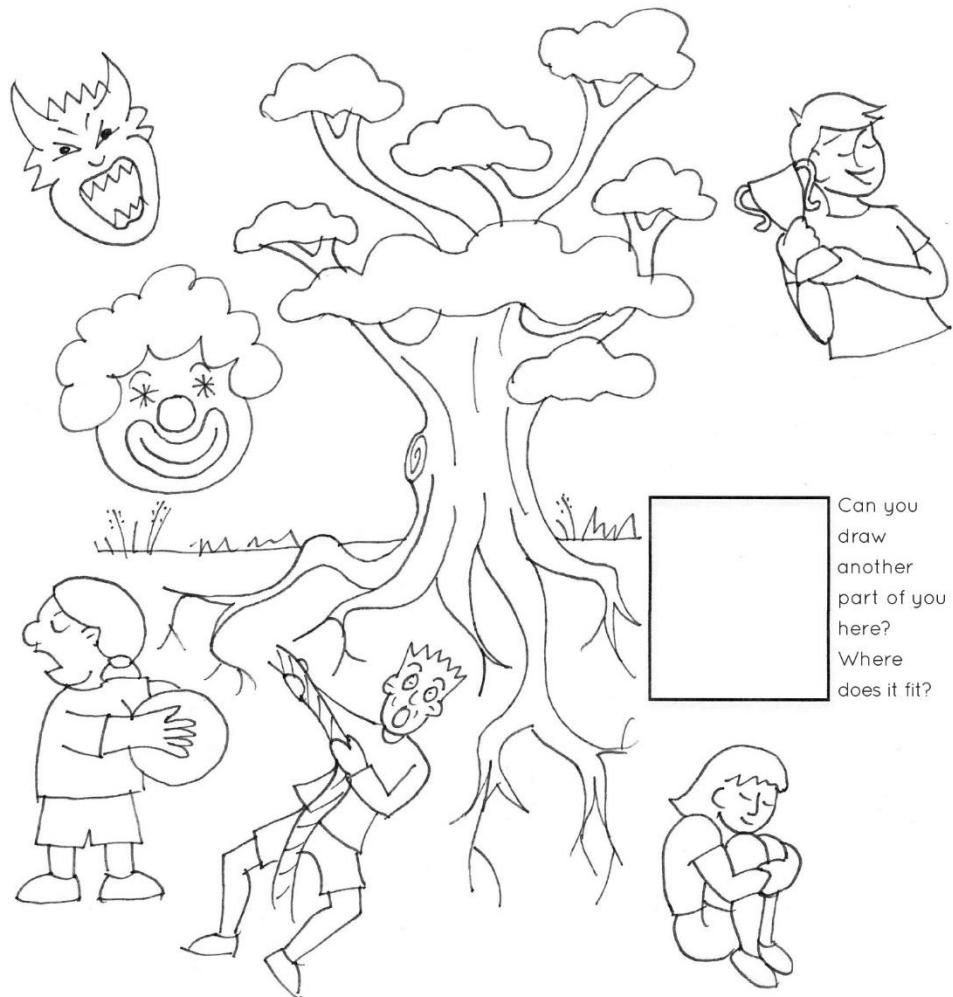
#### Worksheet 1

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## Where Am I?...

Sometimes we hide parts of ourselves and only let others see what we want them to see. We do this for many reasons. Can you think of some?

Imagine that the tree is you, and the characters around the tree can represent parts of you. Draw lines from those characters which are like you to the tree. Draw a line from the character to the roots of the tree if you hide that part of you, and a line to the branches if you like others to see that part of you.

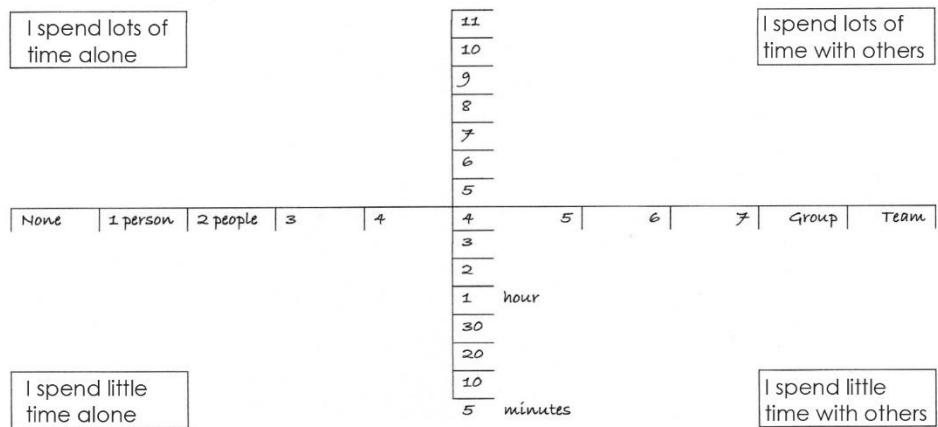


### Worksheet 2

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## My Choice...

Plot your interests by selecting those activities from the categories below which appeal to you most and placing them on the chart. Do this by using a coloured felt pen to identify a particular activity (put a coloured dot beside the activity). Then put a dot of the same colour on the grid to indicate how much time you spend doing the activity during an average day, and whether you do the activity alone or with others.



<b>Working</b>	<b>Travelling</b>	<b>Learning</b>	<b>Looking after your body</b>
Housework	Car	School	Eating, sleeping, washing
Chores	Train	Music lessons	Grooming
Shopping	Bus	Visiting counsellor	Exercising, dancing, skateboarding
Job	Bike	Homework	Gym, soccer, surfing or other sport

<b>Socialising</b>	<b>Relaxing</b>	<b>Being occupied alone</b>
On the phone	Listening to music	Hobbies, e.g. models, craft, drawing,
Visiting a friend	Reading	cooking, collections, jigsaws, lego,
Having a friend over	Daydreaming	gardening, magic tricks, playing on the computer
Talking with adults	Meditating	
Playing a game	Watching TV	
Helping someone		

You may want to add more.....

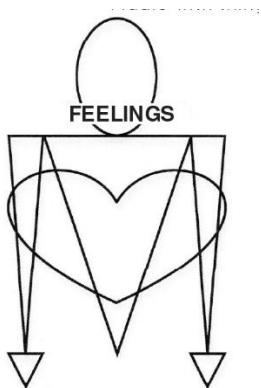
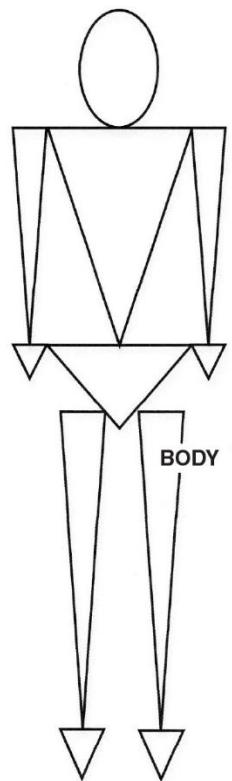
Look at the chart what have you discovered about yourself?

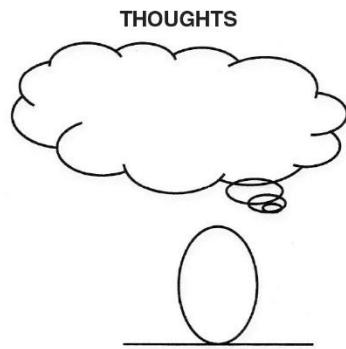
### Worksheet 3

## Inside-Out

**Here is a list of things which you may think about, feel emotionally or experience in your body. Use a red pen to connect the items listed to the figure which would be most affected.**

- Eat lots
- Hunch shoulders
- Bite nails
- Feel tense
- Headache
- Hold them in
- Clench teeth
- Pretend that I don't have them
- Let them out when I'm not ready
- Stress out
- Fiddle with things
- Think that people don't like me
- Should work harder
- Stomach ache
- Slouch
- Worry about tomorrow
- Look shabby
- Pretend I've got them (when I really haven't)
- Shouldn't take risks
- Sleep a lot
- Should behave better
- Think the worst will happen





**Now here are a few suggestions to help you to take care of yourself. With a green pen connect them to the figure which would benefit the most.**

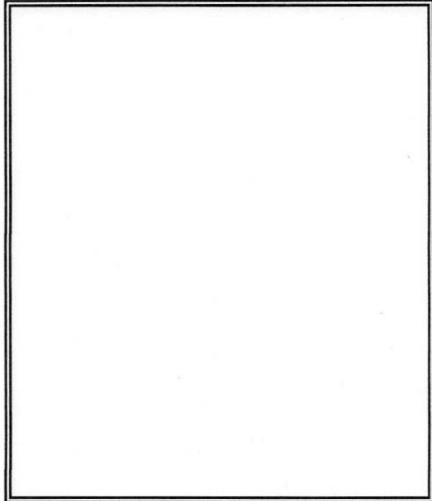
- Contact a friend
- Relaxation
- Watch TV
- Ask for help
- Accept my mistakes
- Tell myself that I am lovable and capable
- Listen to music
- Count to 10
- Remember that I am made up of opposites
- Take a bath
- Read a book
- Bake a cake
- Blow gently 10 times (like blowing out candles)
- Talk to someone else
- Go for a walk

#### Worksheet 4

## News Headlines

### Daily Courier

Today.....  
committed the worst crime in history. While the rest of the world slept the small town of Pinchgut was astounded at the news  
that.....  
.....Many people  
said.....  
.....However, a few  
said.....In a  
statement by.....it was clear  
that.....The outcome  
will be  
that.....will.....  
.....



### Worksheet 5

## Jump the Hurdle

### Changing Your Mind is OK

Changing your mind means that you discover the hurdles which stop you from exploring new and different experiences, and from making new and different choices.

**WOULD YOU RATHER...**

crawl through a long dark tunnel to  
get to the best fun park in the world



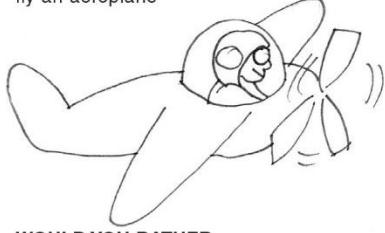
**OR**

play with a friendly tiger



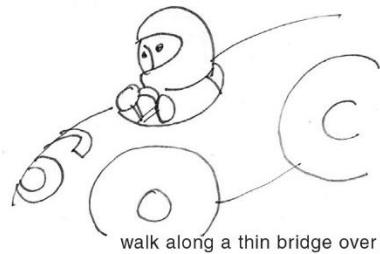
**WOULD YOU RATHER...**

fly an aeroplane



**OR**

drive in the Grand Prix



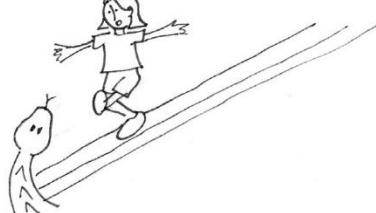
**WOULD YOU RATHER...**

sit in a tub of live snails



**OR**

walk along a thin bridge over a  
harmless snake pit



*Who, or what, would you need to help you so that you could change your mind?*

### Worksheet 6

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SAGE Publishing, 2024

						Go to bed		
--	--	--	--	--	--	--------------	--	--

WEEKEND DAY

START	Get out of bed							Lunch
Dinner								
						Go to bed		

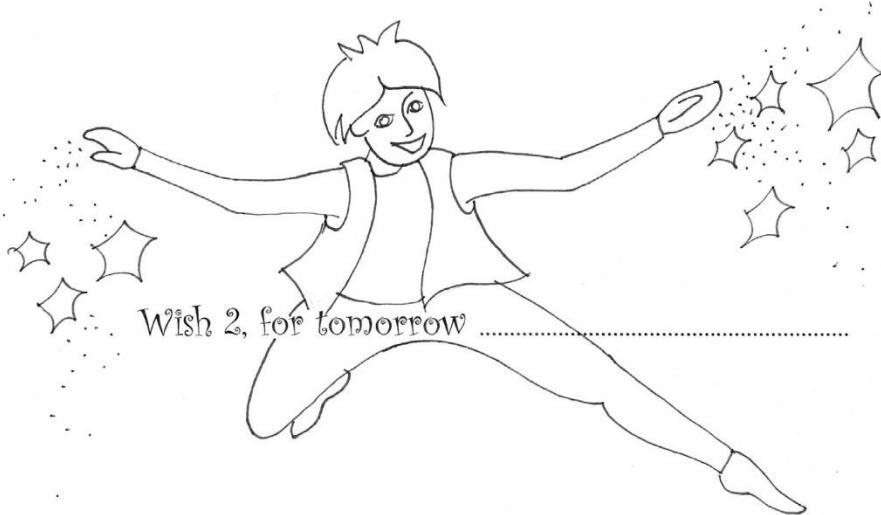
What would you like to change?

### Worksheet 7

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## These are my wishes...

Wish 1, for today .....



Wish 2, for tomorrow .....

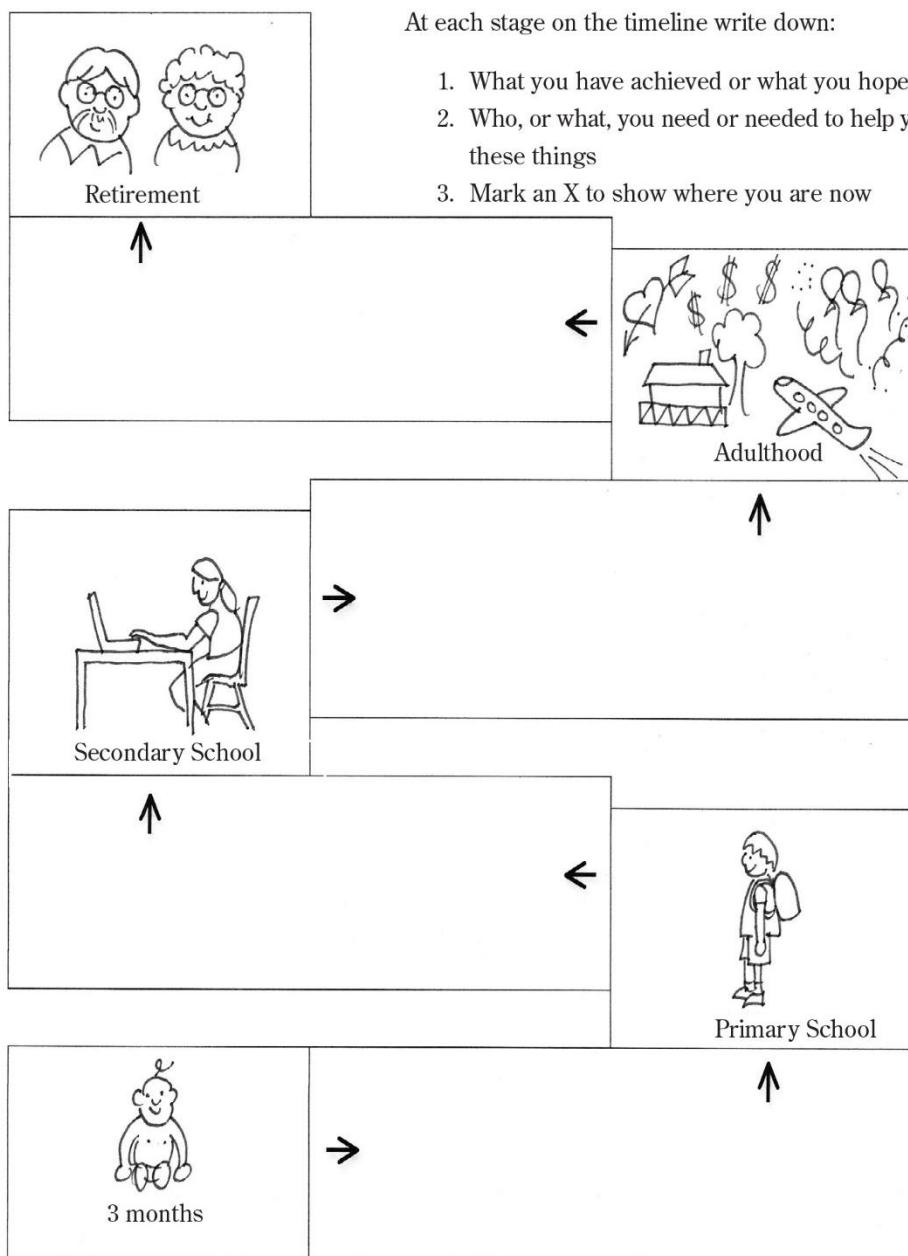
And then Wish 3, for the future

.....

## Worksheet 8

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## Picture Yourself... Then, Now and in the Future



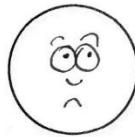
Worksheet 9

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## Find a Feeling

Draw a line from the sentence to the face to show how you would feel if...

My pet was run over



I had a bad secret which I couldn't tell



My mother talked to the neighbour



I heard a thumping noise in the middle of the night



I wasn't allowed to stay over at my friend's house



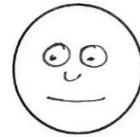
I fell off my bike in front of my friends



I didn't study for my spelling test



I was caught cheating on my test



## Worksheet 10

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## Artemus is Anxious!

Can you help Artemus find out what makes him feel anxious?

Artemus is a bit like you...



Draw a line from Artemus to the things which make him feel anxious.

- Going to the doctor or dentist
- Being called to the Principal's office
- Wondering whether Mum or Dad will be in a good mood tonight
- Not understanding the rules of a game
- Having to ask questions in class
- Remembering what time you have to be home
- The spelling test tomorrow
- .....

#### Worksheet 11



### Worksheet 12

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## Your Body

We can guess how people feel from the way they use their bodies and the expressions on their faces. How do these people feel?

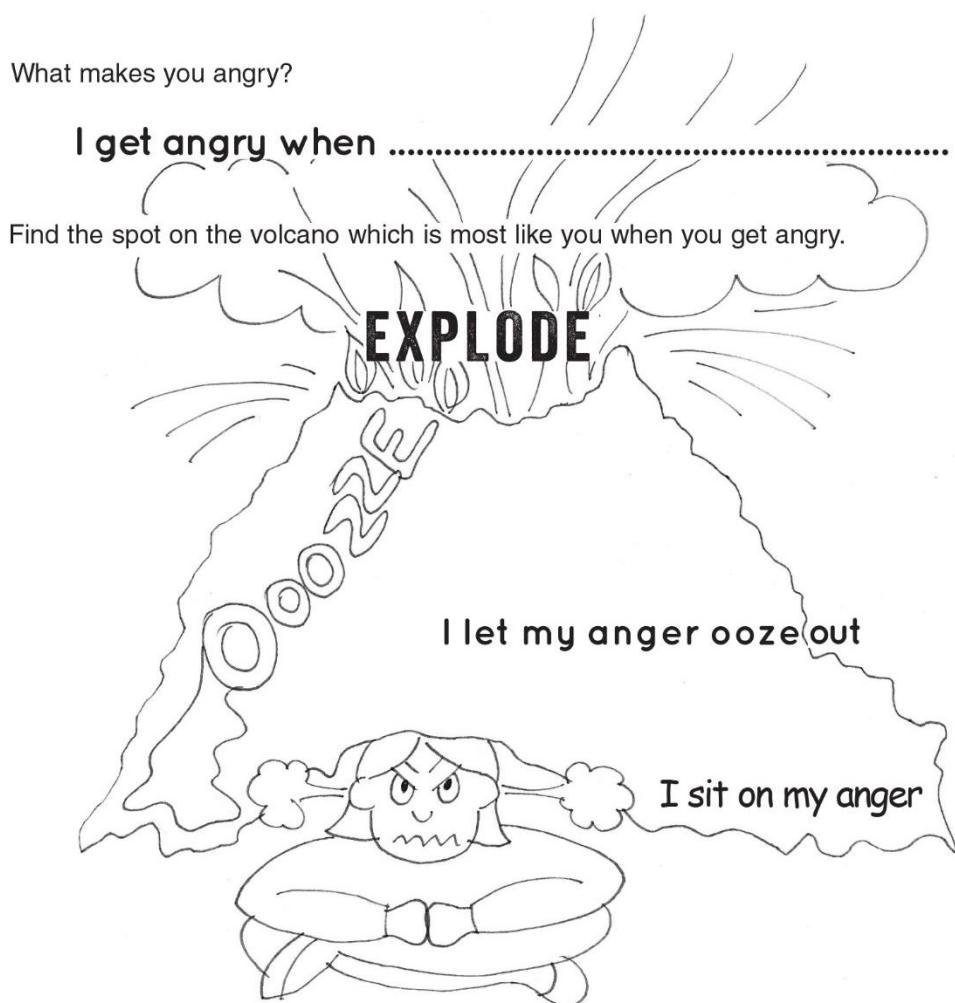
Circle the body part used to express the feeling.



Worksheet 13

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## The Volcano



### Worksheet 14

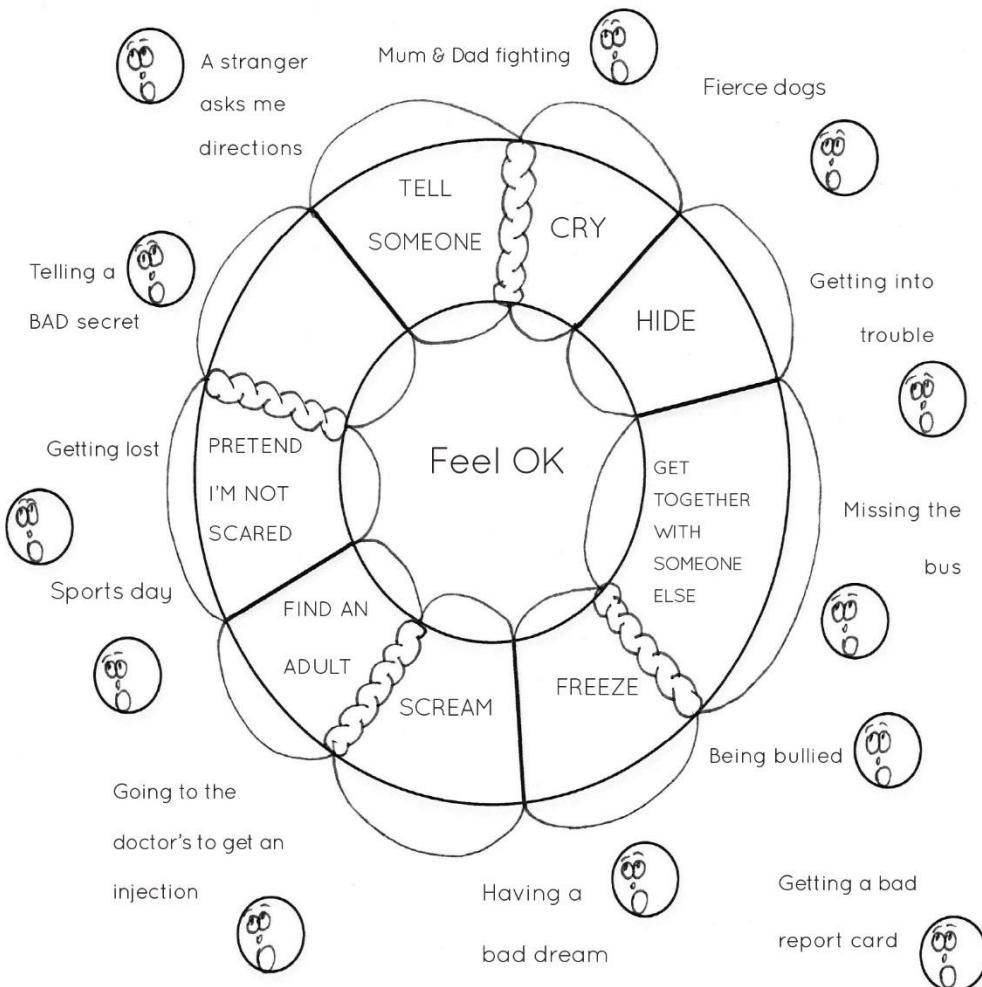
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# Fighting Fear with Felix

# FIGHTING FEAR WITH FELIX



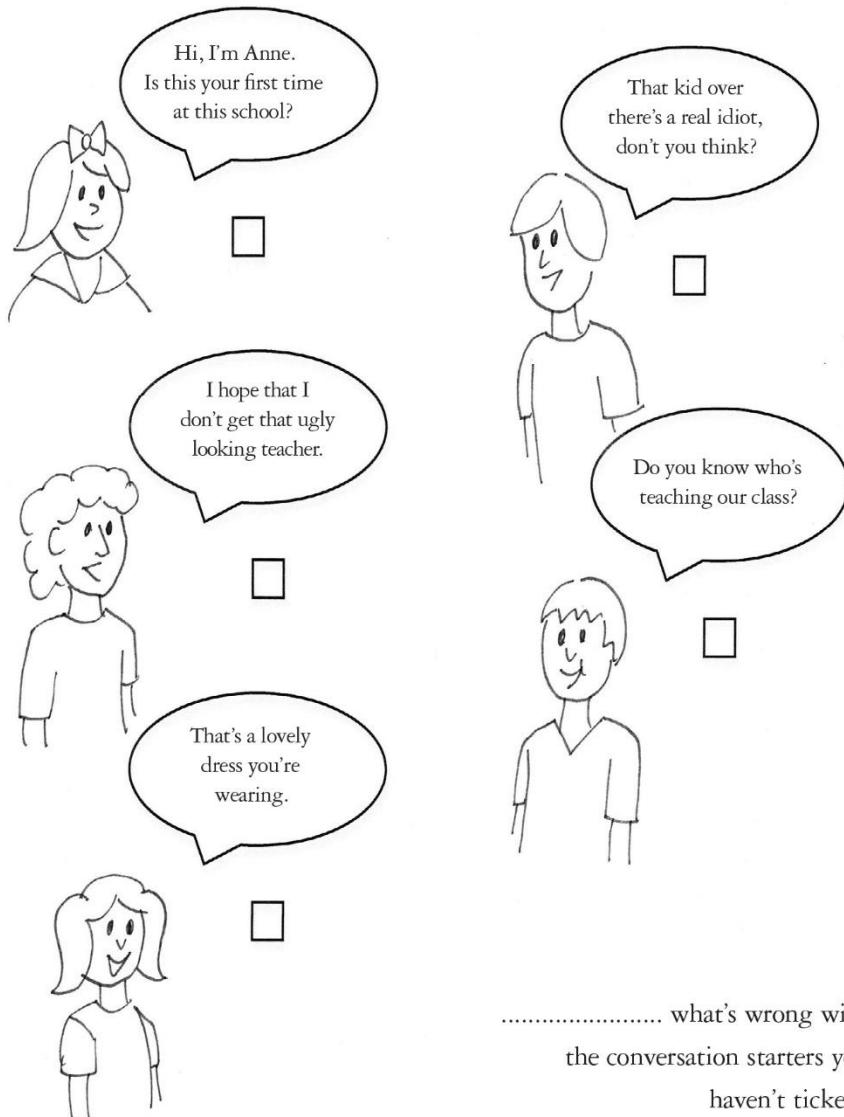
Everyone feels frightened sometimes. Some things are  
more scary than others. Draw a red line from Felix's head to  
a spot on the life saver to show what you would do in each of the  
following scenes if you were scared.



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## Conversation Starters

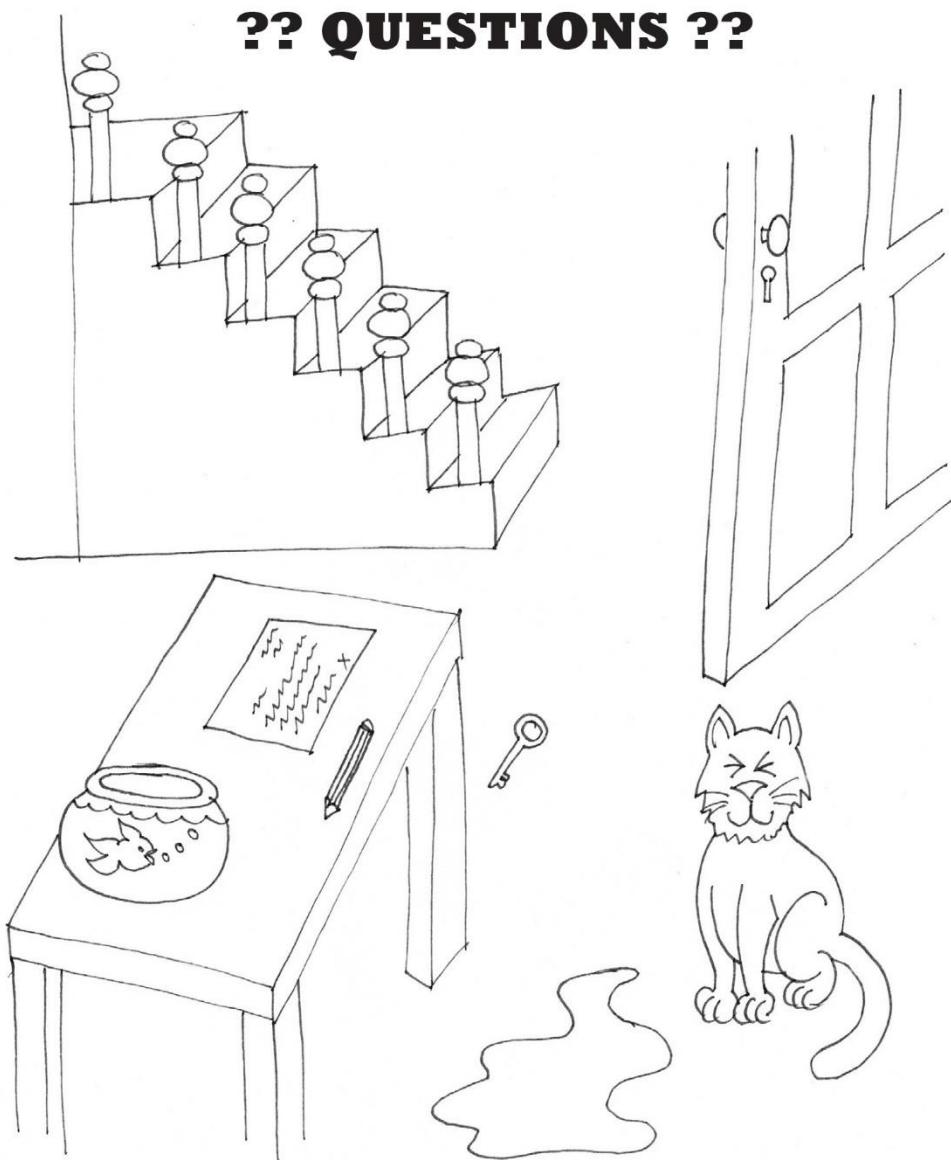
Put a tick in the box next to the conversation starters which would be OK to use on your first day at a new school.



### Worksheet 16

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## ?? Questions ??



Look at this picture. Ask three questions beginning with:

- a) What..... d) When.....
- b) Where..... e) Why.....
- c) How..... f) Who.....

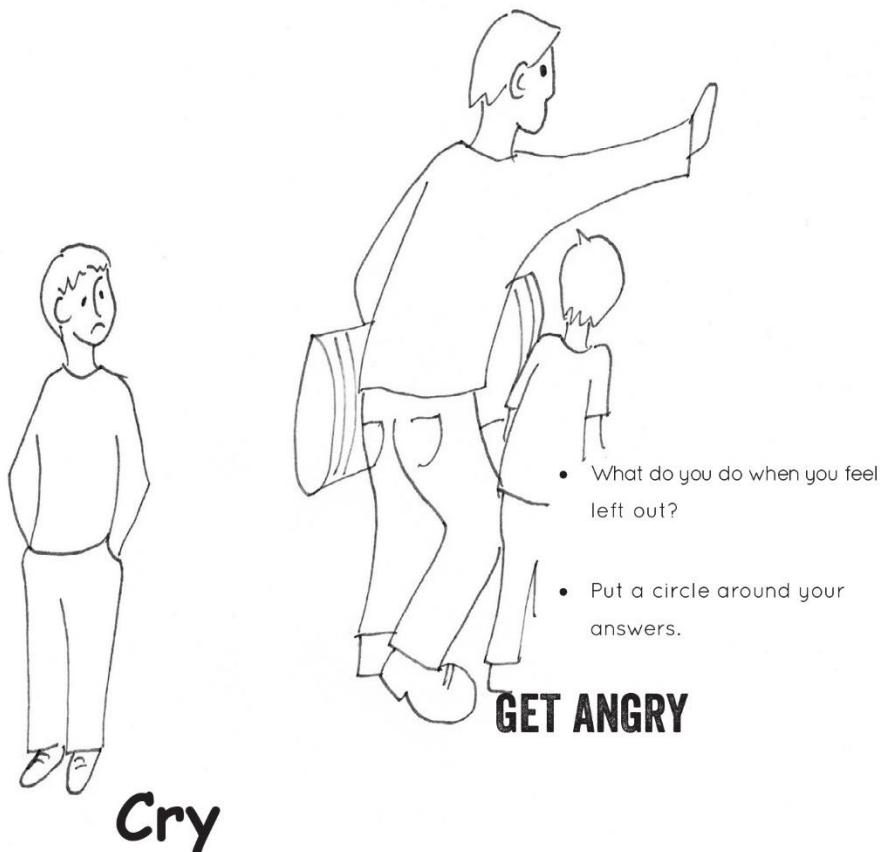
to find out more about it.

### Worksheet 17

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## Advice for Jim

Jim needs help. He has a brother who always gets to go with Uncle Ben. Jim's brother is often invited to spend the night with Uncle Ben, so that he can get up early and help his uncle on the farm. Every time Jim asks to go, Uncle Ben says, 'Next time. You're a bit young yet.'



Make a FUSS, so that  
people pay attention

TELL SOMEONE  
HOW I FEEL

Don't say anything

Worksheet 18

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## Gertrude & Grommet Gumbo the Gossips

The Gumbos say untrue things about people to other people

=THEY GOSSIP =

Gossiping can hurt and make you feel left out.



If people ask you questions about others you might get caught gossiping. Here's a good rule:

IF YOU CAN'T SAY SOMETHING NICE – DON'T SAY ANYTHING AT ALL

**Tick the things you could do or say if people try to gossip.**

- 'Let's talk about something else.'
- 'I don't know them very well, so I can't know if that's true.'
- 'I think you're gossiping.'

**Tick the things you could do if people gossip about you.**

- Gossip about them (it would serve them right!).
- Talk to the 'Gumbo' gossipers, and ask them not to gossip.
- Ask someone to help you to solve your problem.

Worksheet 19

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## Fighting ! ! ! ! !

Fights happen when people:

TEASE	GOSSIP	TELL TALES
CHEAT	STEAL	SHOVE
BULLY	LIE	HIT
BREAK PROMISES	SHOW OFF	DON'T BELIEVE

See if you can find these words in the square below and circle them:

A	N	C	F	H	M	P	Q	U	W	A	B	F
B	R	E	A	K	P	R	O	M	I	S	E	S
Z	L	B	U	L	L	Y	A	T	S	P	Q	A
F	G	K	T	E	L	L	T	A	L	E	S	P
O	E	S	T	E	A	L	O	Q	F	R	S	A
G	L	C	Z	X	D	S	P	A	W	K	I	E
M	R	H	F	S	C	H	I	T	L	O	A	B
P	N	E	B	K	G	O	S	S	I	P	W	G
W	I	A	D	P	H	V	X	Z	E	D	J	N
Z	D	T	E	A	S	E	J	B	A	J	Z	O
K	S	H	O	W	O	F	F	H	W	B	I	T
X	D	O	N	T	B	E	L	I	E	V	E	R

When you were in a fight, what caused it?

.....

.....

.....

.....

Can you think of any more reasons why fights happen?

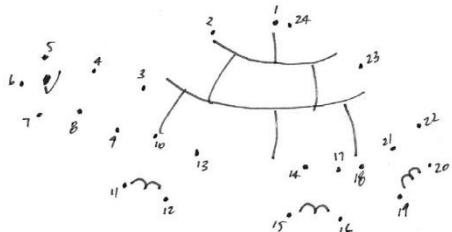
### Worksheet 20

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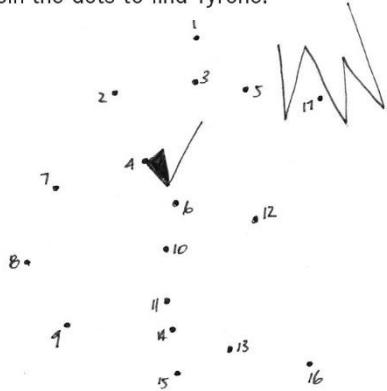
## Terry, Tyrone and Me

We can choose to respond to people who want to fight by asserting ourselves in a firm but non-threatening way.

Join the dots to find Terry.



Join the dots to find Tyrone.



What do you think would happen if Terry got into a fight?

.....  
.....  
.....

What do you think would happen if Tyrone got into a fight?

.....  
.....  
.....  
.....  
.....  
.....  
.....

Write on the dotted lines what you would do if you got into a fight.

.....  
.....  
.....  
.....  
.....

### Worksheet 21

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## Look Before You Leap

	<i>True</i>	<i>False</i>		<i>True</i>	<i>False</i>
<b>Sometimes I say things and later regret it</b>			<b>Sometimes I make a decision without thinking</b>		
<b>Sometimes I do things without listening to the rules</b>			<b>Sometimes I go ahead without reading the instructions</b>		

<b>Sometimes I don't listen to both sides of the argument</b>			<b>Sometimes I make arrangements without listening to the details</b>		
<b>Sometimes I take messages and leave out most of the information</b>					

Insert Image



If you answered 'true' for 5 or more of the above then you need to 'chill out'.

Chilling out means going slow, not hurrying and using the STOP-THINK-DO plan.

STOP – and discover what the problem or task is.

THINK – of three things you can do to solve the problem or task.

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**DO – Choose the one which is best for you.**

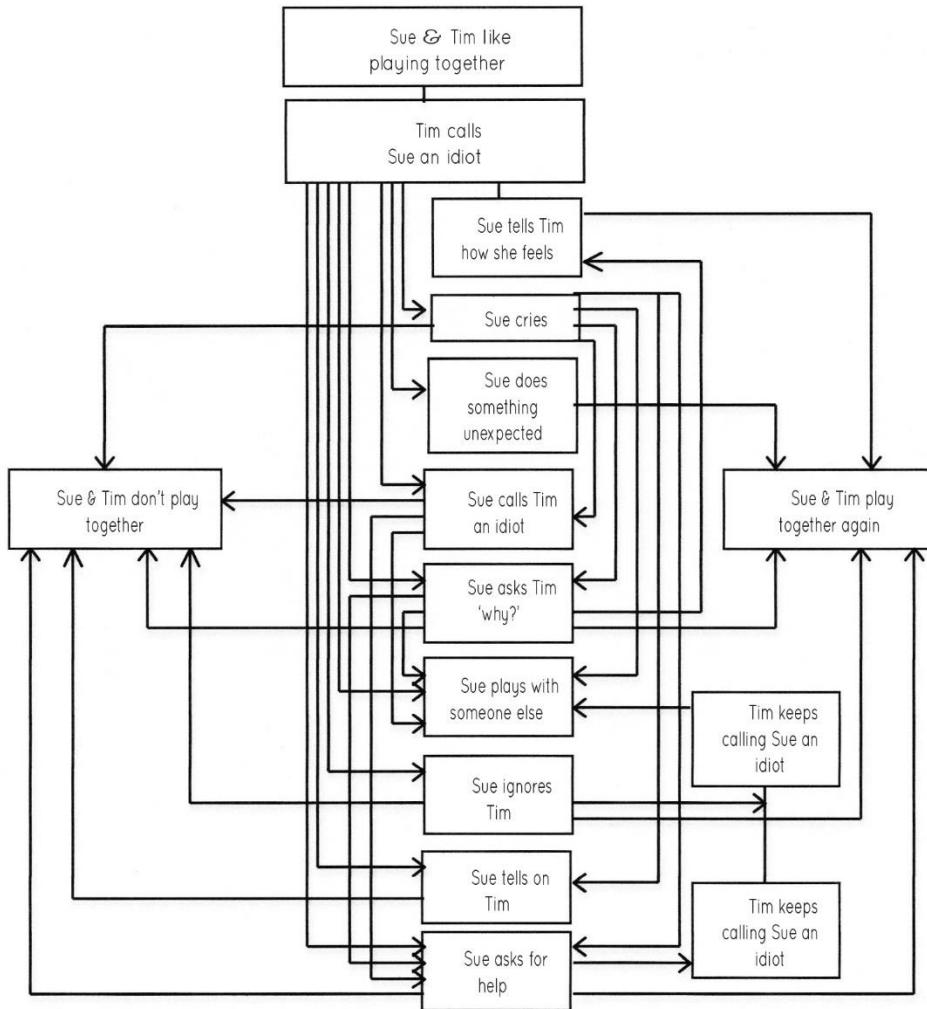
#### Worksheet 22

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## Choices & Options

There are many ways to respond when we have trouble with our friends.

- Take a coloured pen and trace the path you would like to take if you were Sue. At each decision box, think about how you might feel when making a choice.
- In a different colour trace a path you would like to try.



### Worksheet 23

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## If – Then – But

Fill in the blanks! Here is an example:

**IF** I borrowed my mum's bike without permission,

**THEN...** I would get to the video shop faster

**BUT...** I'd probably be grounded for the weekend.

Now fill in the missing parts of the following ‘if – then – buts’.

**IF** I cheated in my spelling test,

**THEN...**

**BUT...**

**IF** I skipped school tomorrow,

**THEN...**

**BUT...**

**IF** I tell my best friend that she hurt my feelings,

**THEN...**

**BUT...**

**IF** I spent all the money I earned doing jobs, on one item,

**THEN...**

**BUT...**

**IF** I tell this secret I have,

**THEN...**

**BUT...**

**IF** I stay home and study for my test,

**THEN...**

**BUT...**

#### Worksheet 24

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## Crime & Punishment!

Here is a list of behaviours. Some are worse than others. The really bad behaviours would probably result in severe consequences.

- Rearrange the list in order of the worst to the mildest.
- On your list, write the punishment or consequence, which you believe fits the ‘crime’.

CRIME	My List	Consequence
-------	---------	-------------

Murder		
Back-chatting		
Hitting		
Lying		
Stealing		
Interrupting		
Disobeying		
Bullying		
Name calling		
Gossiping		
Cheating		
Keeping secrets		
Telling tales		
Changing your mind		

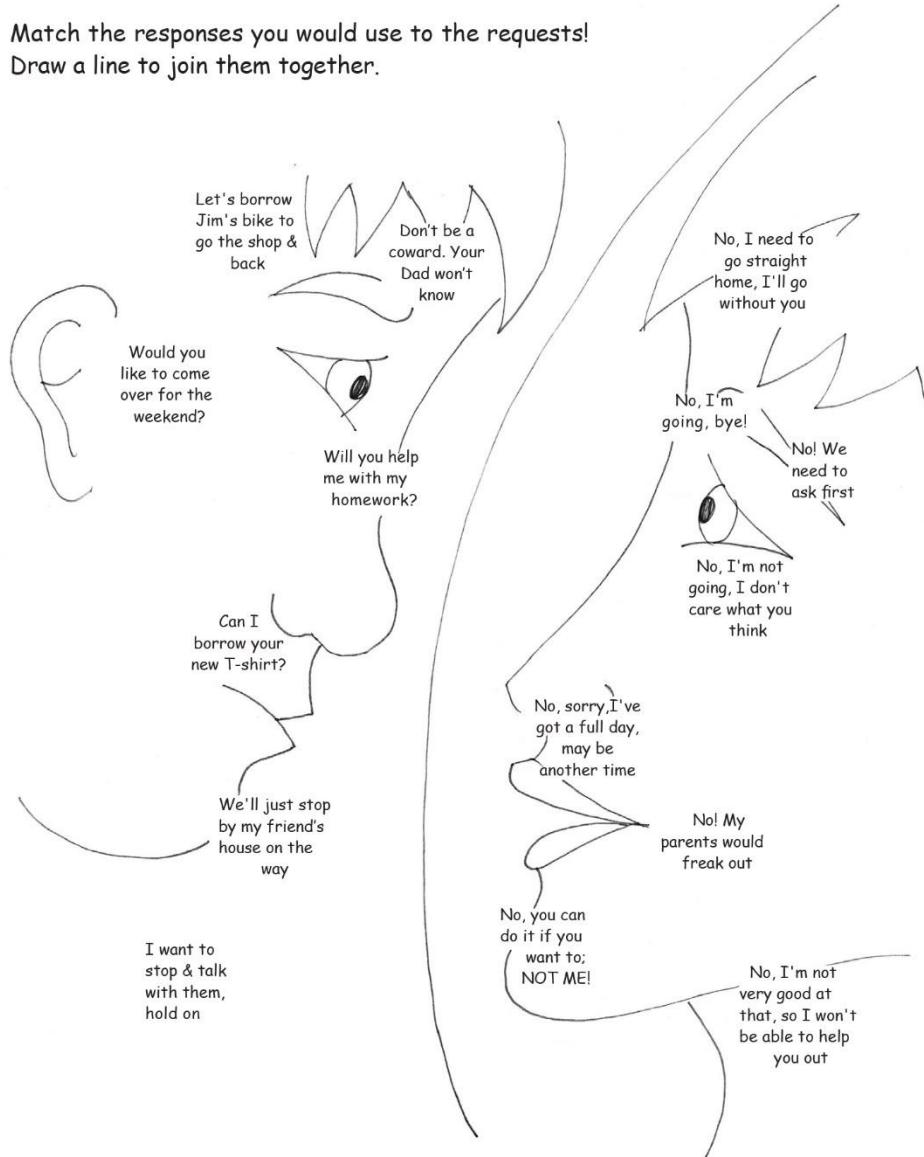
Worksheet 25

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## Saying 'No'... Made Easy

### Saying 'No'... made easy

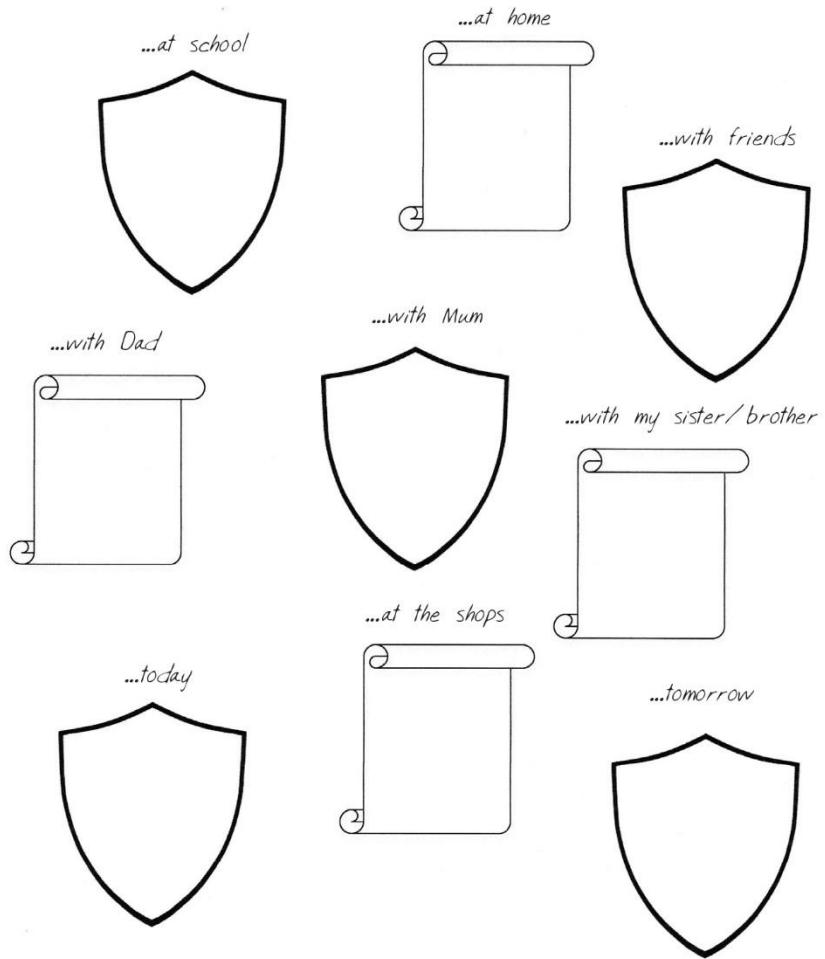
Match the responses you would use to the requests!  
Draw a line to join them together.



### Worksheet 26

## Reward Yourself

We often don't realise that we can be proud of many of the things we do or say. In each of the shields below, write or draw something you feel proud of, and could tell somebody about.



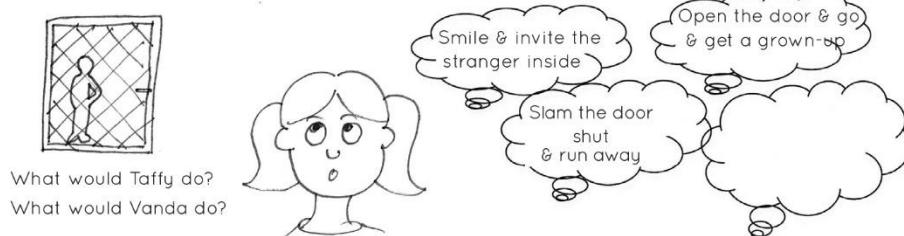
### Worksheet 27

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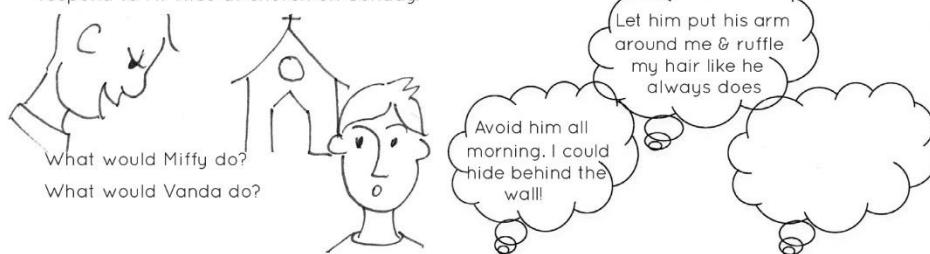
## Ages & Stages

### AGES & STAGES

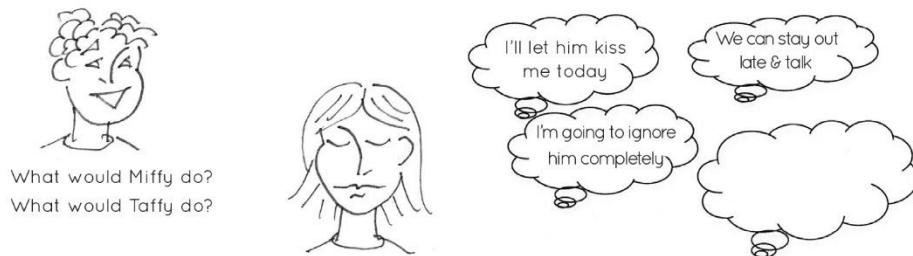
**4 YEARS OLD:** Miffy is 4 years old. Help Miffy to make the right decision about what to do when someone knocks on the door.



**8 YEARS OLD:** Taffy is 8 years old. Help Taffy to make the right decision about how to respond to Mr Nice at church on Sunday.



**14 YEARS OLD:** Vanda is 14 years old. Help Vanda to make the right decision about how to respond to Burford, a new friend next door.



### Worksheet 28

## My Place, My Space

**Test your respect for privacy by circling true or false in response to the following questions:**

- Toby is two years old. He should be allowed to bathe on his own so that he has privacy.

**True false**

- Tina is sixteen years old. She needs to be able to spend time alone in her room if she wants to.

**True false**

- Sam is nine years old. If their bedroom door is closed, members of their family should knock before going in.

**True false**

- Mum & Dad should always be supervised by someone when they are together.

**True false**

- Samantha is thirteen years old. Everyone in the family should be allowed to read her diary without asking.

**True false**

- Matthew is four years old. When he is playing alone in the front yard his family should leave him by himself if he tells them to go away.

**True false**

- Roberta is seven years old. They should always let their uncle shower with them when he is visiting.

**True false**

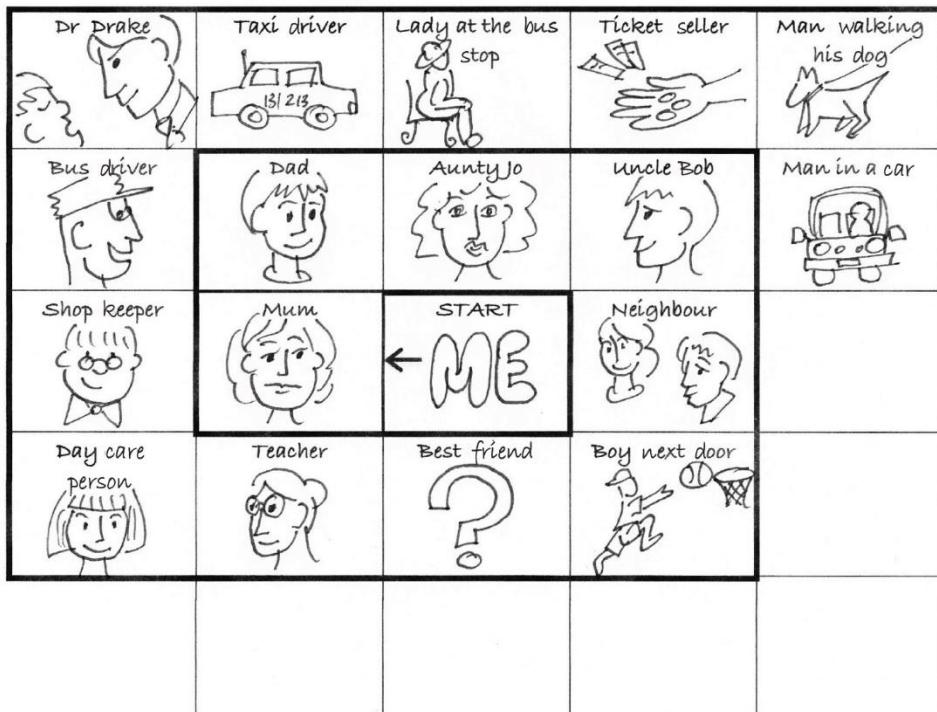
Worksheet 29

## Rainbow Road

The boxes below represent the different ways in which we greet, or make contact with other people. Colour the boxes in as indicated.

Touch private places (Red)	Cuddle (Orange)	Hug (Yellow)	Shake hands (Green)	Wave (Blue)	Watch (Dark Blue)	Ignore (Purple)
-------------------------------------	--------------------	-----------------	---------------------------	----------------	----------------------	--------------------

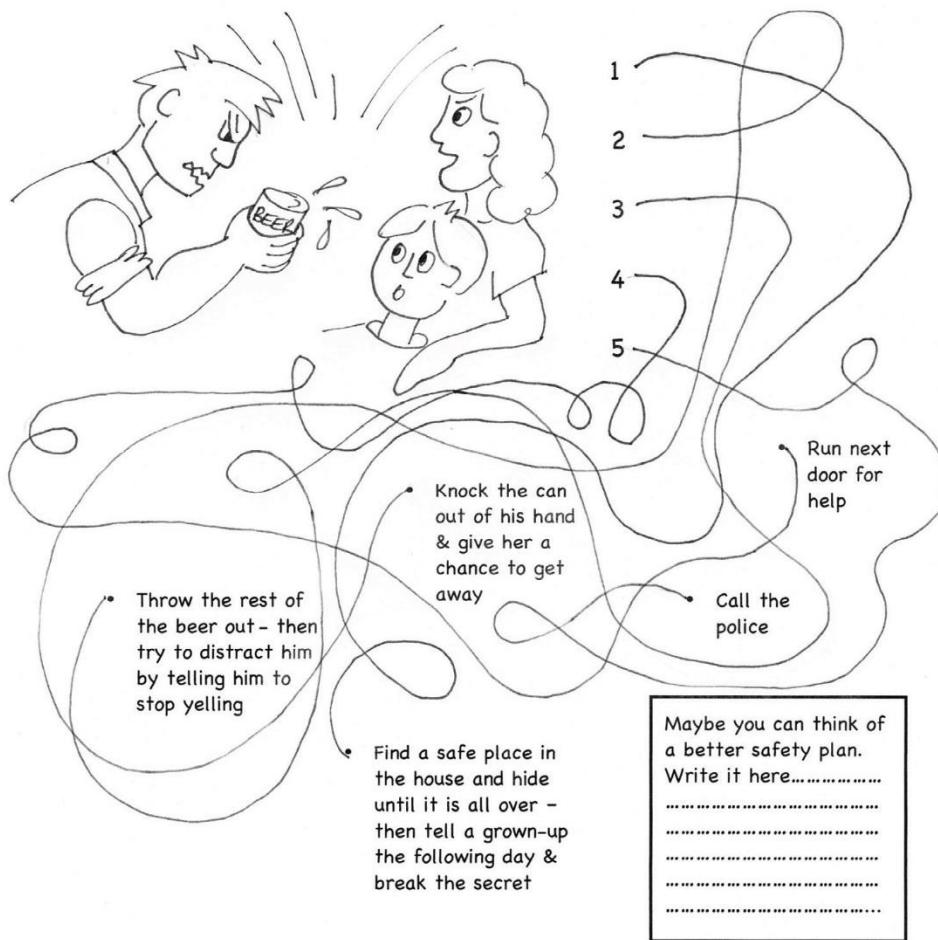
Sophie is your age and she is getting ready to go out. Along the way, she will meet many people. Sophie will need to decide how to greet these people. Can you help her? Follow Sophie's journey from the START box below. As you go, colour each box to match with the colours above, to show how you think Sophie should greet the people on her journey.



Worksheet 30

## My Safety Plan

Sometimes in families where adults fight, younger children may also get hurt. Mason lives in a family like this. Below are plans that Mason could use to look after himself. Follow the path that you think will lead to the best SAFETY PLAN for Mason, so that he can protect himself from being hurt.



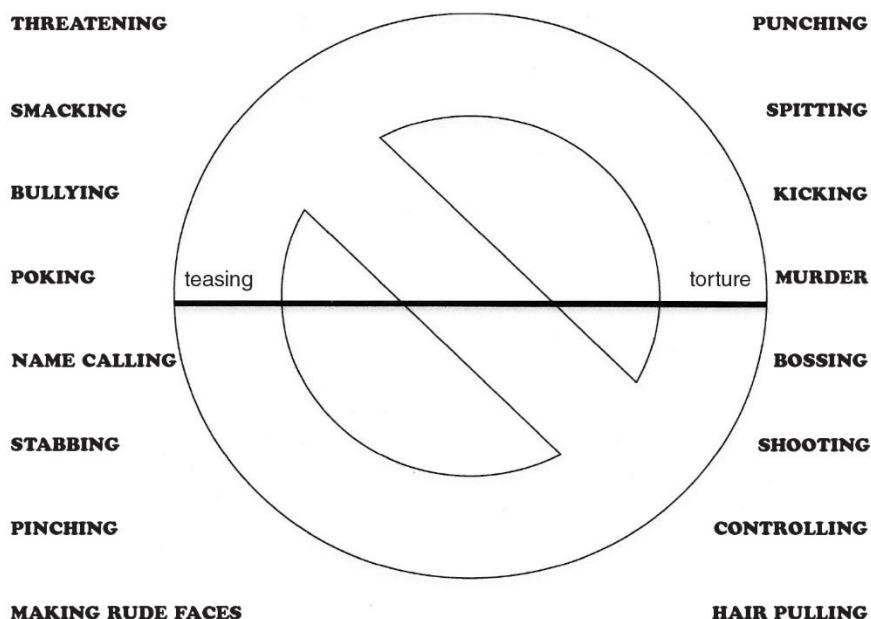
### Worksheet 31

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## Biffin the Bully

The words outside the circle describe abusive acts, things that BIFFIN THE BULLY might do.

Write each word along the line inside the circle. Place the words on the line from left to right according to how serious you think the abuse is.



- Did you notice that all the words are now inside a symbol which means 'not permitted'?
- How many of these behaviours happen at school?
- Can you add any other bullying behaviours?
- DO YOU THINK THAT 'BIFFIN THE BULLY' CAN CHANGE?

- Did you notice that all the words are now inside a symbol which means 'not permitted'?
- How many of these behaviours happen at the school?
- Can you add any other bullying behaviours?
- DO YOU THINK THAT 'BIFFIN THE BULLY' CAN CHANGE?

### Worksheet 32

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## The Three A's – ALERT! AVOID! & ACTION!

Keeping physically safe sometimes means knowing how to protect your body from being hurt even when everything 'seems' OK. Have you ever felt as though you know that something isn't right but you can't put your finger on it? Taking notice of that feeling is called being *ALERT*.

Find your way through the maze below. You can *AVOID* risky situations by taking a path without obstacles. Alternatively, you can deal with obstacles by making decisions and then taking *ACTION* to stay safe.

As you travel through the maze, ask yourself these questions:

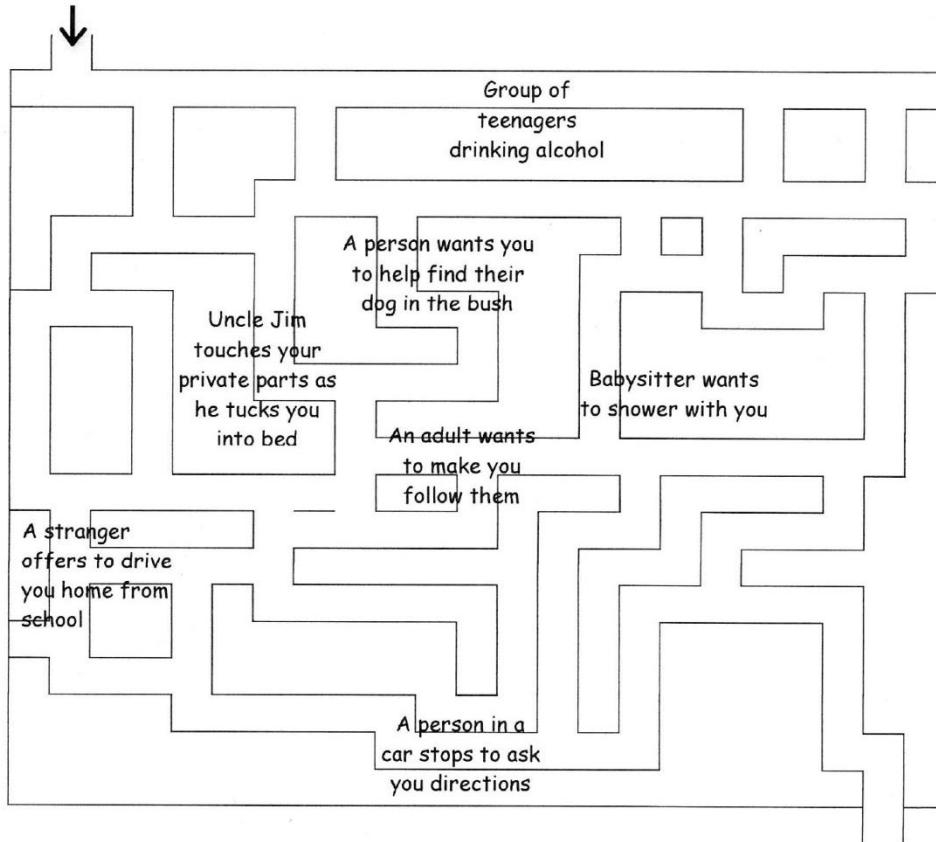
### Questions:

- Is this person someone I know?
- When I am with this person do I feel safe and not worried?
- Will I be able to get help if things get out of control?
- Does Mum or Dad or someone else I can trust know where I am and will be?

If the answer to any of these questions is 'No', then use one of the following options:

### Options:

- Say, 'No, stop that!'
- Make a fuss
- Tell an adult
- Walk away
- Run to the nearest safety house
- .....



Worksheet 33

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## Surprises & Secrets

### SURPRISES & SECRETS



Does Arthur have a secret or  
a surprise? .....  
Is it a good one? .....

How does Arthur feel? .....  
Should Arthur tell? .....

If Arthur tells, what might happen? .....  
How will Arthur feel then? .....



Does Jenny have a secret or  
a surprise? .....  
Is it a good one? .....

How does Jenny feel? .....  
Should Jenny tell? .....

If Jenny tells, what might happen? .....  
How will Jenny feel then? .....



Does Dorothy have a secret  
or a surprise? .....  
Is it a good one? .....

How does Dorothy feel? .....  
Should Dorothy tell? .....

If Dorothy tells, what might happen? .....  
How will Dorothy feel then? .....

### Questions to Answer:

- Is there a difference between secrets and surprises?
- What is the difference?
- Are there good secrets and bad secrets?
- Are there good surprises and bad surprises?

### Worksheet 34

## From Blame to Fame!

Sometimes when we feel picked on, we blame others for how we feel and behave. If we tackle the problem ourselves, we generally feel better.

**Making statements that begin with:**

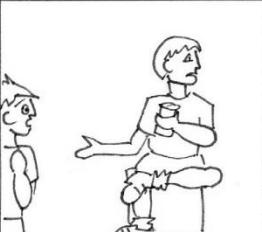
**\*I think.....**

**\*I feel.....**

**\*I would like it if.....**

**is a good way to start.**

What do you think that you would say in the examples below?

	<ul style="list-style-type: none"><li>◆ Tony thinks that Bosco expects him to fetch things for him all the time.</li><li>◆ It makes him feel used and worthless.</li><li>◆ He'd like to help Bosco sometimes but would like to say, 'No' at other times.</li><li>◆ He'd also like Bosco to say, 'Please' and 'Thank you'.</li></ul>	<p><b>I think.....</b></p> <p><b>I feel.....</b></p> <p><b>I would like it if.....</b></p>
	<ul style="list-style-type: none"><li>◆ Jack is the youngest in the family and always has to clean the family's shoes.</li><li>◆ His brothers did this when they were his age.</li><li>◆ He feels like he's missing out on doing other things, and also that this job isn't very important.</li><li>◆ He'd like to do a different job sometimes, instead of the same one over and over.</li></ul>	<p><b>I think.....</b></p> <p><b>I feel.....</b></p> <p><b>I would like it if.....</b></p>
	<ul style="list-style-type: none"><li>◆ Tina is the only girl in the family.</li><li>◆ She is always having to look after her younger brother when her parents are busy.</li><li>◆ Tina loves her brother, but she doesn't get much time for herself and her friends.</li><li>◆ Tina has 2 older brothers. They all get along with their baby brother really well.</li></ul>	<p><b>I think.....</b></p> <p><b>I feel.....</b></p> <p><b>I would like it if.....</b></p>

### Worksheet 35

## Crystal Ball

Insert Image



- By looking into the crystal ball you might GUESS how Kristal is feeling and also guess what it is that she wants.
- What could Kristal say so that you would KNOW what she felt and wanted?

Worksheet 36